

Western Reserve Trail Running Newsletter

Monthly Newsletter

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Real Life

Many times I have heard the phrase "real life gets in the way" as runners refer to their delayed training programs or missed races.

The summer we have been waiting for is suddenly upon us. As we attempt to pack as many activities as possible into our Northeast Ohio sunny months it is tempting to put running aside. The summer can provide as many excuses to miss our scheduled run as the winter if we let it. Especially if we have chosen to put racing hold until the fall.

No doubt we all need and deserve to enjoy our families and friends at this time of year. But don't let this beautiful summer running opportunity slip past you! We all know it will be over before we can believe it. Keep those autumn races in mind and keep your miles up!

Happy Trails!!

Kate Koewler

WRTR Newsletter co-Editor

[contact us via email](#)

Trail Runner Spotlight:
Brandon Russell

Setting an early pace was a key component to victory in the XTERRA Vulture's Knob Trail Run.

Ryan Collins and Lee Conner both used that strategy on the way to winning their respective divisions. Collins was the overall winner, completing the 15-kilometer course in 1 hour, 15 minutes, 39 seconds; Conner was the first female, finishing with a time of 1:24:38.

More than 100 runners participated in the unique race, which followed a technical mountain bike trail that was made even more challenging by muddy conditions. The race was completed on Saturday, May 28, at Vulture's Knob Park in Wooster, Ohio, and it was the opening race of the 2011 season for the XTERRA Northern Ohio Trail Run Series.

"Vulture's Knob is a very tough, rugged and technical course by itself," said Collins, 28. "But the mud slowed everything down considerably. It was a challenge just to find enough room to open up my stride and really get going." Collins, who is from Dalton, Ohio, got to the front of the pack early in the race and never looked back. Well, he tried to look back but just never saw any other runners.

"After a couple miles, I noticed I had opened a small lead, but the trails twisted and curved so much I could never really tell how much of a lead I had," he said. "My main objective then was just not to wipe out." Collins wound up winning in convincing fashion. Runner-up Dominic Wyzomirski of Allison Park, Pa., finished nearly five minutes behind at 1:20:35. Charles Novak of Cuyahoga Falls, Ohio, was third in 1:21:57.



1. To start off, tell us a little about yourself outside of running:

I work for Progressive Insurance in Mayfield Village, as an IT professional. I am a newlywed, My wife Courtney and I got married in August at Burr Oak State Park, the ceremony was at the lodge which is the start/finish of the Bobcat Marathon. I have 2 children Jillian, 11 and Ricky, 9. They live with us part time in Sagamore Hills, on the edge of the CVNP.

Courtney and I share the love the trail, we like craft beer, road trips, and visiting family. Our favorite spot is Northern New Hampshire, where her father lives. The house is in the Great North Woods, which is north of the White Mountains. The land is beautiful and the people are very friendly, the skiing is good, and you never know when you will see a moose. It's a hard place to leave.

2. What prompted you to begin running trails?

I started as a road runner and became obsessed with getting faster and setting new PRs. Back in 2002 I met Vince Rucci, through a good friend Mike George. They each coaxed me into trying the Buckeye Trail in Brecksville. It was so hard compared to the roads, but I was hooked. The connection to nature and the more technical style of running really appealed to me, so I branched out and started exploring trails. Most people in the greater Cleveland area don't realize that there is a whole other world in the park systems, right in our back yards. Anyone who criticizes this area should spend some time on the trails first, it might change their tune.

3. You just completed the MMT 100 - what can share about

In the women's division, Conner also raced to an early lead and stayed in front all the way to the finish line. She competed in races at Vulture's Knob in the past, so she relied on her knowledge of the course throughout. "At the start, because the course narrows to single track quickly, I took off from the front about as quickly as I could manage," said Conner, who is 38 and resides in Cleveland. "I knew Beth (Woodward) was behind me and had no idea how much of a lead I had or when she might appear. On that course, another runner might be 50 yards behind you without you being aware of it."

Woodward actually was close to Conner the entire way, and finished second with a time of 1:26:54.

Hampton Hills Recap

Charles Novak won an XTERRA race for the first time, and Lee Conner won her second in two weeks to highlight the XTERRA Hampton Hills Trail Run. The 10-kilometer race was completed on Saturday, June 11, at Hampton Hills Metropark in Akron, Ohio, and was the second event in the 2011 XTERRA Northern Ohio Trail Run Series.

Novak, 43, relied on a strong surge in the last stretch of the course to finish first overall with a time of 44 minutes, 19 seconds. "The first part of the course was a challenging climb, but it was a welcome downhill descent on the backside," said Novak, who resides in Cuyahoga Falls, Ohio. He said he was as far back as fifth place during the first half of the race, and then made his move in the last two miles of the course. He passed Dominic Wyzomirski on

your experience?

It was freaking HARD, no joke. The course is very rocky, with many climbs, and tons of challenges and you almost have to go full days without sleeping. But the terrain is so beautiful. You just don't get views like that in Ohio.

My race started out a bit rough, because I made a bad selection for my starting shoes. My shoes tested well on Ohio trails, but they were not MMT worthy. They kept catching the edges of rocks and twisting my ankles and slamming my toes against the front plate of the shoe. I had to gut it out until mile 32 where I had a change. That foot pain made the next 69 miles, slower than I had hoped.

The other challenges were the heat and humidity. We had such a long cold winter, so I wasn't ready for a warm, humid Virginia weekend. By mile 55 everything started falling apart during the hardest section of the course. It got dark out, my stomach turned sour, we got lost for an hour, and I started to lose flashlights. My pacer Billy, willed me to the next aid station, we ran 13 miles in that leg, that was only supposed to be 9.5. Instead of being way ahead of the cutoffs, I was getting close to them, and I was a walking zombie, I thought my race was over.

My crew would not give up on me, they nursed me back to health, lancing my blisters and sticking with me through pouring rain, by mile 76 I was back from the dead and running hard again. I started passing people in every section and saved my race. When I finished, all of me crew and friends were there, a storm was brewing, but they didn't care, they cheered me in just ahead of the rain. All of the NEO Trail finishers were there, (all walking better than me), and I just had this warm satisfying feeling. It was awesome. The last finishers of the race did so in a torrential downpour - you have to be tough for MMT.

4. What's your favorite aspect of running trails, especially ultras?

I love running trails, because it is where I connect to this planet. My wife and I joke that a good trail run is like a religious experience. The wildlife, the smell of the trees, the fresh air, the views, they always leave me wanting more. I almost always hate the end of a good trail run, so extending those runs into ultras was the next logical step. Ultras for me are just a way to compete with friends, doing what we all love for a very long time. They are a huge party built around a running challenge, and the vibe is infectious. I have had a few rough times in recent years, but the trails and the races get me through it. They are huge confidence boosters.

5. What's your approach to nutrition both in training and during ultras?

I used to believe that when your training miles are up, you can eat whatever you want, because you are a calorie burning machine. My wife went through some recent health issues, and was forced to eat very clean. I tried to hold out, but I'm a lousy cook, so eventually I

the final hill, which was about 400 yards from the finish line.

"Dominic took a pretty good lead with two miles to go," Novak said. "I was surprised that I was able to catch him. I ran the backside pretty hard and was fortunate enough to catch him with one-fourth of a mile to go." Novak said he was introduced to trail running this year, and plans on entering all the races in the Northern Ohio Series. Wyzomirski, who resides in Allison Park, Pa., finished second - just five seconds behind Novak. Sam Edwards of Hometown, Ind., was third in 44:53.

Conner placed 10th overall with a time of 49:35, and was the top female for the second consecutive race in the Northern Ohio Series. She also won the XTERRA Vulture's Knob race two weeks prior. "The weather and conditions were generally pleasant - not much mud and not too hot," said Conner, who is 38 and resides in Cleveland.

Conner is the co-captain of the trail racing team for a multi-sport group in northeast Ohio called Grunt Girl Racing. After winning the Hampton Hills race, she spent more time talking about the accomplishments of her teammates than her victory. She noted how 52-year-old Gale Connor set a personal-record time in the race, and Kate McConkey walked the course as a form of rehab for a reconstructed knee, and Catherine Viola completed just the second trail race of her career.

"I came just to support friends in the race and to have a good time, and I did," Conner said.

Next up on the XTERRA Northern

followed along. Wow, what a difference it was, I feel so much better now.

Eating cleaner during training enhances everything from building to recovering. It's OK to cheat here and there in moderation (pizza and beer), but the basis should be natural healthy nutrient rich food.

During an ultra, it's a different story. You use whatever will work in your system. I have seen people consume a variety of crazy stuff, gallons of soda, sticks of butter, spicy V8, bacon, peaches in heavy syrup, coffee beans, pizza, M&Ms, hot dogs, energy drinks - you name it. It is all a desperate attempt to figure out a way to get a lot of calories, protein, and electrolytes in your system, and still be able to run and be comfortable. It's a delicate balance and one I still haven't quite figured out. When I get hot, my stomach fights me. I wish I could find my magic elixir.

6. Is there anything else you would like share?

I am so proud to be a part of a region with a great trail running presence. It has grown volumes in the last 5-7 years. This area has a huge presence at major trail races, we have champions of big races like Grindstone and Ice Age, and we pull in talent from Columbus, Michigan, Youngstown, and PA. People drive 2 hours now just to meet us for training runs, it's incredible. Just a few years ago only 20 people would show up for a race, now they sell out in a day. It's bigger than all of us. When my friend Jim Christ was talking about starting the Crooked River Trail Runners group, he thought that he might get about 5-10 people a week. There are now over 600 Facebook members of the group, it's amazing.

XTERRA Ohio Trail Run Series

The Second Season of XTERRA trail runs in Ohio will kick off at the end of April with the Ecothon 10K Trail Run in Cumberland, Ohio.

This year there are two series: Northern Ohio and Southern Ohio and registration for all races is now open!

Registration for races in the Northern Ohio Series can be done directly at <http://xterra2011.eventbrite.com/>. You can enter races individually or enter the entire Northern Ohio series - all seven races - for only \$185! That series entry will also get you a special series hoodie!

Registration for races in the Southern Ohio Series must be done separately for each individual race. Links to each of the races is available at <http://www.xterraohio.com> by going to the links on the "Southern Ohio Series" menu.

NORTHERN OHIO SERIES

- 5/28 - Vulture's Knob 15K (Wooster)
- 6/11 - Hampton Hills 10K (Akron) - NEW
- 6/26 - Chapin Forest 8K (Kirtland)

Ohio Series schedule are the following events:

6/26 - Chapin Forest 8K (Kirtland)

7/9 - Mohican Trail Run 19K (Loudonville)

8/6 - Girdled Road 10K (Concord Twp)

7/9 - Mohican Trail Run 19K (Loudonville)

8/6 - Girdled Road 10K (Concord Twp) - NEW

8/27 - Oak Hill Trail Run 8K (Boston Twp)

9/4 - Leave No Trace Half Marathon 21K (Peninsula)

SOUTHEAST OHIO SERIES

4/30 - EcoThon 10K Trail Run (Cumberland)

10/1 - The Barkcamp Race 13.1M (Belmont)

12/3 - Salt Fork 10 Mile Trail Challenge 10M (Cambridge)

WRTR Registration Update

(Note: EcoThon and Strouds are part of the 2011 series. All 4 races are part of the 2012 series.)

Click [here](#) for additional information.

Find us on Facebook at <https://www.facebook.com/xterraohio>

Muddy Paws 10M & 5M

- Saturday, July 23, 2011

- Registration now open!

- Click [here](#) for more information

Burning River 100

- Saturday, July 31, 2011

- Registration now open!

- Click [here](#) for more information

Shatter the Silence Trail Run

- Thursday, August 18, 2011

- Registration now open!

- Click [here](#) for more information

Leave No Trace Half Marathon

- Sunday, November 4, 2011

- Registration now open!

- Click [here](#) for more information

YUT-C 50k/25k

- Saturday, September 17, 2011

- Registration now open!

- Click [here](#) for more information

Towpath Marathon & Half Marathon

- Sunday, October 9, 2011

- Registration now open!

- Click [here](#) for more information

Run with Scissors Marathon & Double Marathon

- Sunday, October 30, 2011



Burning River 100 Update



The Fifth Annual Burning River 100 Mile Endurance Run (BR100) is shaping up to be even larger than last year. With over 225 runners signed up so far, final registration is expected to be close to 300 runners. Once again the BR100 will be serving as the USA Track and

- Registration now open!
- Click [here](#) for more information

Bobcat Trail Marathon

- Sunday, November 6, 2011
- Registration now open!
- Click [here](#) for more information

Salt Fork 10 Mile Trail Challenge

- Saturday, December 3, 2011
- Registration now open!
- Click [here](#) for more information

Bigfoot 50k

- Sunday, December 4, 2011
- Registration now open!
- Click [here](#) for more information

Complete WRTR race and registration information can be found at wrtr.org.

Race Calendars

[100 Mile Race Calendar](#)

[Coach Weber's National Ultrarunning Calendar](#)

[Jason Robillard Ultra-Marathon Calendar](#)

[Trail Runner Magazine Race Calendar](#)

[ultraRUNNING Magazine Race Calendar](#)

[OhioOutside.com Race Calendar](#)

2011 WRTR Race Series

Field 100 Mile Trail National Championship and will offer a total of \$10,000 in prize money. The point-to-point course, which starts at 5AM on Saturday, July 30 and finishes 30 hours later in Downtown Cuyahoga Falls on the Falls River Square showcases three of Northeast Ohio's park systems: the Cleveland Metroparks, the Cuyahoga Valley National Park, and the MetroParks serving Summit Country.

This year's course will be similar to the 2010 course except for a shortened loop near Brandywine Falls where construction has closed some of the nearby trails. To make up for the lost distance, the next section (Boston Store 2 to Pine Lane) will be lengthened using nearby access roads.

As many runners know, the most important ingredients to putting on a successful event such as this are the incredible volunteers that spend hours manning aid stations, marking course, delivering supplies during the event and working at registration, race check-in and the Finish Line. If you are interested in helping out and becoming part of this great event, please contact our volunteer coordinator, Suzanne Pokorny, at suzanne@burningriver100.org.

For more information go to the [web site](#) or [Facebook group](#).

Recovery Nutrition *by Stacy Rhea*

In the trunk of my car is a cooler, and it's strategically stocked with three essential post-run items: a post-run recovery drink, a piece of fruit, and extra water. I consume these items within 30 minutes of my run. The focus: recovery. Training five to six days a week for ultra-distance races means I need to recovery quickly. The best way to do that is to take advantage of the window of opportunity.

The first 15 to 30 minutes after a long run or intense training session is known as the window of opportunity, a time when the muscles are primed to initiate repair of damaged muscle tissue, replenish muscle glycogen stores, and support the immune system.

It is said, the window of opportunity works best when the right combination of nutrients, in a specific amount are delivered to the fatigued and damaged muscle tissues. This is important because these nutrients shift the "metabolic machinery" from a catabolic state (breaking down of muscle tissue) to an anabolic state (repairing of muscle tissue).

What is the right combination and specific nutrients?

That can be debated. I have read several articles on the right combination and specific nutrients needed for recovery. While there are varying schools of thought, there is a common thread: fast-absorbing protein and high-glycemic carbohydrates, in the amount of a 3:1 or 4:1 ratio/carbs to protein.

NOTE: When results are updated, a notification will be sent via the WRTR [Facebook](#) page and [Twitter](#) account.

[2011 WRTR Series Rules](#)
[2011 WRTR Series Race Legend](#)
[2011 WRTR Race Long Series Standings](#)
[2011 WRTR Race Short Series Standings](#)

The purpose of the Western Reserve Trail Running (WRTR) race series is to promote regional competition, wide participation in the sport of trail running, foster volunteerism, and to recognize the annual WRTR series champions.

Submit an Article

Are you interested in submitting an article for the WRTR newsletter? Do you know of someone who should be featured in the Trail Runner Spotlight section?

If so, drop us a line at newsletter@wrtr.org and tell us your thoughts.

The best way to ingest the carb to protein ratio also has a common thread: liquid nutrition. Liquid nutrition offers several benefits versus consuming solid foods.

Liquid meals provide better recovery because they are easily digested and are more palatable. Liquids are fully absorbed within 30 to 60 minutes; solid foods may take between two and three hours to be fully absorbed, thus you have missed the window of opportunity.

In addition to protein and carbs, there is another nutrient that should be considered: L-Glutamine. Once again, there are debates on whether L-Glutamine is necessary and if it works. There are several runners in the area that swear by it, and I am one of them.

What is it L-Glutamine?

L-Glutamine is a non-essential amino acid that can be produced by the body under normal circumstances. However, in times of metabolic stress - such as after a long run, hill repeats, or interval training - the body may have an increased demand, making L-Glutamine conditionally essential. Supplementing with L-Glutamine further supports the rebuilding and repairing process and supports the immune system. Standard doses of L-Glutamine are 3 grams, two to three times a day.

Choosing the right recovery drink

Choosing a recovery drink is like finding the right running shoes or creating the best fueling strategy. It takes time and perhaps some trial and error.

I have tried several brands throughout the years. My current choice is a combination of Fluid Muscle Recovery drink and Muscle Milk. I don't mix the two together, although I could.

With Fluid, I felt the benefits the next training day. My legs felt refreshed, not fatigued. Muscle Milk offers branch chain amino acids, as well as additional L-Glutamine and the flavor is by far the best I've ever had.

Remember the stocked cooler I carry? In it I have the premixed Fluid drink, a premixed Muscle Milk (as I prefer the powder rather than the ready-to-drink), and a high-glycemic piece of fruit - a banana. In addition to the nutrients I consume, I also use the Stick, a muscle massage tool that compresses and stretches the muscles as you roll the tool across your muscles.

To find the recovery drink that best suits your needs, I suggest trying the following recovery drink brands:

[Hammer Nutrition's Recoverite](#)
[Endurox R4](#)
[Vital Amino](#)
[Fluid Recovery](#) *berry is my favorite

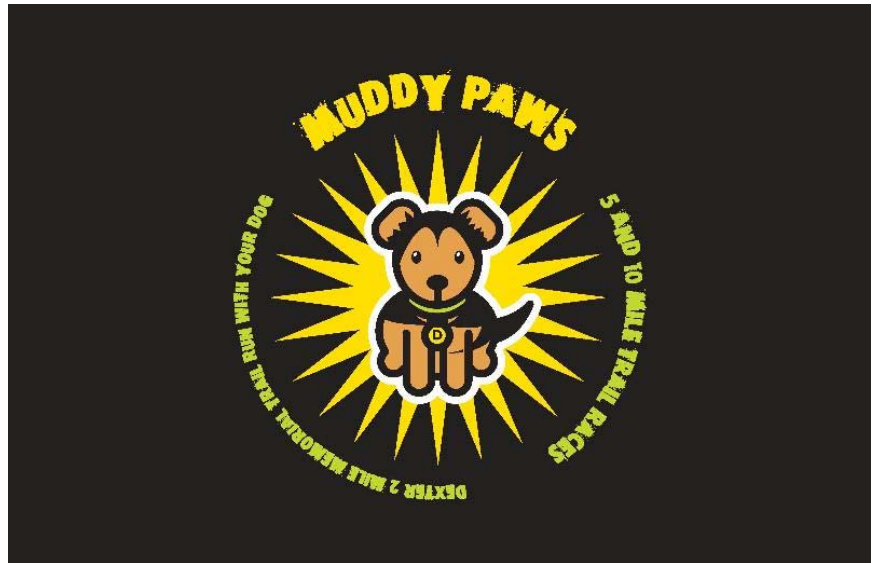
Train smart and stay focused.

Stacy Rhea is an avid trail runner and triathlete preparing for the her third BT50K and third half Ironman - the REV3. She has more than 20

plus years' experience in the health and fitness industry, and has worked for two of the leading sport nutrition companies, EAS and MetRX. Rhea is also one of the founders of Grunt Girl Racing.

VR Corner
by Vince Rucci

Muddy Paws Trail Race - Saturday, July 23rd



The Muddy Paws Trail Races have something for everyone! All events start/finish at Pine Hollow, located off of Quick Rd. in the CVNP. Participants come out to enjoy the trails and support a great cause. Competitive trail runners, first time trail racers, dog lovers, and Humane Society supporters all find a home at Muddy Paws.

The 5 & 10 Mile trail races are challenging and many have stated that this is definitely one of the toughest races around, no bones about it! The 2 Mile Trail Run with your Dog gets a new name this year. It will now be known as **Dexter 2 Mile Memorial Trail Run with your Dog** in remembrance of our dog Dexter who passed away in March.

Please throw yourself a treat and sign up for the Muddy Paws Trail Races! Remember that all net proceeds from Muddy Paws are donated to the Humane of Greater Akron!!! We can always use volunteers at the event as well, so if you are interested in helping out contact vince@verticalrunner.com

For more information on Muddy Paws visit:
<http://www.muddypawsrun.org/>



Vertical Runner
HUDSON, OHIO

For more information about this workout or customized training programs contact Vince Rucci directly at vince@verticalrunner.com

Western Reserve Trail Running, Inc. is a nonprofit organization registered in the state of Ohio. The organization's first event was the 2007 Burning River 100 Mile Run held on August 7-8, 2007. Our mission is to promote trailrunning in the Northeast Ohio region through the development and management of new events (races, fun runs and training runs) within local park systems and municipalities. Questions?: contact info@wrtr.org

